

United States Department of Agriculture
E X T E N S I O N S E R V I C E
Washington, D. C.

DIGEST OF HOMEMAKERS' CHATS
Week of July 6, 1942

Monday - Washday Tips. Did you ever stop to consider that the way you do your washing may count to your country in wartime? It should be done in such a way that will save materials such as metal, rubber, clothes, and soap, and also save time and energy. If you own a washing machine, give it the proper care to make it last throughout the war, because you cannot buy a new one. Keep all moving parts properly oiled, and keep all bolts and screws tight. Do not spill oil on any rubber parts. Follow directions closely, especially in the amount of clothes to put into the machine. Keep the drains of the washing machine free from lint, and surfaces clean and dry. Tubs, boards, boilers, wringers, clothespins, and line, all deserve care to make them last. Handle them carefully and keep them clean.

Tuesday - Question Box. Here are several questions about insects. The first one is, "Do clothes moths attack rayon?" The entomologists say moths do not attack rayon or cotton; their diet is animal fibers. The second letter inquires about using oil in the ground to keep termites out of the house. To this entomologists say that used crankcase oil applied to the soil about the foundation of a building gives a fair amount of protection against termites, but by adding one part coal-tar creosote to three parts of the used oil you can make a much more effective soil poison against these pests. Apply the mixture of creosote and oil at the rate of 1 gallon for each 5 cubic feet of soil. Dig a trench next to the foundation of the house and mix the oil and creosote with the soil as you put the soil back. Do not use the mixture in confined spaces beneath buildings because it is inflammable. The third letter is from a housewife who wants to know what insect bores in cement. She says small holes about a quarter inch in diameter are appearing in the cement between the bricks in her house. The entomologists believe that certain wasps, known as digger wasps, are probably the offenders. And last comes a question about fleas. How and why did fleas get into the house when the family was away in vacation, and the dog and cat were away, too? Flea eggs laid in the animal's fur roll out on the floor and hatch in cracks and crevices. Soon a swarm of hungry young fleas are around the house. The moment you return to an empty house, they start making a meal on you. To get rid of them you can use either creosote oil or naphthalene flakes. The creosote has a strong odor and makes bad stains but can be used in the cellar or outbuildings or in the kennel. Use naphthalene flakes in bedrooms, living rooms, and halls. For the average-sized room, sprinkle the flakes over the floor. Close the room tight and plug up cracks. Let the room stand undisturbed for 24 hours. The flakes may be brushed up and used in another room.

Wednesday - The Big Cheese. About a year ago, the Secretary of Agriculture suggested that Americans give up cheese in order to provide enough to ship to Great Britain. Today it is different, there is plenty of cheese for everyone.

A greater supply of American cheese is on hand in this country than at any other time in history. So look up your cheese recipes, and get ready to include plenty of cheese in your summer menus. Like all milk products, cheese belongs on the list of protective foods. It has protien, fat, calcium, and phosphorus, and also contains vitamins A and G--and even some vitamin B₁ and D. Nutrition scientists say that Americans would profit in health and well-being if they would eat twice as many dairy products as they eat now. Cheese adds nourishment and flavor to many low-cost foods. Use plenty of it.

Thursday - Question Box. The questions today come from homemakers who want to know different ways to use the foods that are plentiful right now -- wheat flour, tomatoes, maple sirup, and cheese. First comes a request for reliable recipes for waffles and griddlecakes. For four good-sized waffles, use $1\frac{1}{2}$ cups sifted flour, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 1 tablespoon sugar, 1 or 2 eggs, 1 cup milk, and 2 tablespoons melted fat. Sift the dry ingredients together. Combine 1 egg and milk and beat together; add the melted fat, then add this liquid mixture to the dry ingredients. Stir just until the batter is smooth. If you double the recipe and use 2 eggs instead of 1, separate the yolks and whites. Mix the beaten yolks with the milk and fat. Add to the dry ingredients, and fold in the stiffly beaten whites, last of all. This gives waffles a finer grain and greater volume. Use the same ingredients in the same proportions for griddlecakes except that you might add a teaspoon more baking powder and leave out the sugar. In answer to the next question, here are suggestions for seasoning in a tomato juice cocktail. Use a teaspoonful of horseradish to a quart of tomatoes. Try such seasonings as celery and green pepper, cooked with the tomatoes, a little onion juice, and a tablespoon or two of tomato catchup. Strain all the ingredients, chill and stir before serving. Garnish with chopped parsley or a thin slice of cucumber. To try something different from cold tomato juice as an appetizer, serve it hot. Or make clear tomato soup by combining tomato juice with beef or chicken broth, or make a cream-of-tomato soup. Also use tomato juice to make jellied consomme or tomato aspic salad. Cook a veal outlet, a Swiss steak, or bake dry white-fleshed fish like halibut steaks, haddock fillets, or pickerel in tomato gravy. Cook potatoes celery, or other vegetables in tomato juice instead of water and slightly thicken the liquid for a sauce to serve with the vegetables. The last question is: "Please tell me how to make cheese souffle that won't fall?" Long, slow cooking is the secret. Cook a souffle of any kind at moderate oven heat - 300° F. - for an hour or longer.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

DIGEST OF HOMEMAKERS' CHATS

Week of July 13, 1942

Monday - Waste Fat for Explosives. Glycerine obtained from kitchen fats can be used in making explosives. Estimates are that 2 billion pounds of fat go to waste in American kitchens every year. Usable kitchen fat includes poultry and roast-meat drippings, fat skimmed from soup stock, and bacon, ham, and sausage fat cooked out in the frying pan. Housewives are urged to use left-over fat whenever possible in home food preparation to cut down on buying and so lessen the drain on commercial supplies of lard, oil, or vegetable fats. A shortage of these fats exists on account of reduction of supplies of certain oils from the Far East and because of Lend-Lease shipments to our Allies. Homemakers are asked to save any surplus kitchen fat and sell in pound lots or more. Fat should be strained into clean, wide-mouthed cans and kept in a refrigerator or cool, dark place until at least a pound has been collected, then taken to the meat dealer or frozen-food locker plant. Four things not to do-- don't take less than 1 pound at a time to the dealer; don't take the fat in a glass container; don't let fats stand so long they become rancid, as this reduces the glycerine content; and don't take your fats to the dealer on week-ends if you can avoid it.

Tuesday - Question Box. Why does bread become slimy in the center? What makes canned peas tough? Why does mold form on stored fat?

A housewife complains her home-made bread begins to spoil in the center of the loaf a few hours after baking. Food scientists say this "ropiness" is a common kind of bacterial spoilage that occurs in bread most often in summer. Spoilage is caused by bacteria that are highly resistant to heat. These bacteria seem to be present in the flour or potatoes used and, once the spoilage starts, carries over from one baking to another in the liquid yeast, on the bread board, or other utensils. The remedy is to clean all traces of the bacteria from utensils used in making bread. Acid helps destroy them, also boiling. Boil all utensils in a mixture of 1 part of vinegar to 3 parts water. Leave out potatoes for the next baking. If liquid yeast is saved from one baking to the next, throw out the old and start new yeast. If these precautions are not enough, add about 2 teaspoons of 90-grain white vinegar to the liquid ingredients for about $3\frac{1}{2}$ pounds of dough. And be sure your bread box is kept clean.

To a question as to why young, tender peas put up this spring should become tough, the canning experts reply that hard water may be the trouble. Boil hard water and strain through several thicknesses of muslin, or boil and let stand until the mineral hardness settles to the bottom, and then pour off the clean water for the canning. This hardness in water--calcium salts--has advantages in some canning, helping soft foods like tomatoes and some varieties of peaches to hold their shape.

Answer to a question about mold on stored fat: Fat that has become rancid cannot be made sweet and fresh again and is good only for making soap. Moldy fat contains moisture which should have been cooked out before storing. Store fat in a dry container and keep dry and cold.

Wednesday - Summer Apples. Summer apples on the market bring up problem of sugar ration. Usually summer apples are picked green. This year, growers are helping to meet the problem by leaving the fruit on the trees until nearer the ripe stage so they will be naturally sweeter. But when picked riper they must be used promptly. Ways of using less sugar in serving apples are suggested. For apple sauce, cook apples with very little water in a covered pan and put in the sugar at the end of cooking. Try less sugar and a few grains of salt to bring up the sweetness. Another old favorite, fried apples, may be served with or without sugar. Try frying with carrots or onions. Summer apples combine well in salads. Apple-cabbage salad is a favorite, served with cream dressing to which a bit of grated horseradish has been added. Popular apple pie may have grated cheese over the top crust, now that cheese is plentiful again, or the cheese may be sliced and served with the pie. Summer apple crops from Southern Illinois and Virginia are already on the market, those from North Central, Middle Western, North Atlantic, or New England States will soon be moving.

Thursday - Question Box. Barbecued chicken? Best kinds of liver? How cook lamb kidneys and liver? When cut okra? Inquirer wants directions for preparing barbecued chicken, Alabama style, an especially appropriate request as this week's Victory Food Special is chicken for broiling or frying. This homemaker asks whether a regular barbecue pit is necessary. The answer is--broilers can be barbecued in a back-yard fire-place or even an oven if a pit is not available. The sauce is the main thing. The broilers are dipped in it or basted with it during cooking, never allowing them to get dry. Recipe--tomato catsup 2 cups; vinegar 1 cup; Worcestershire sauce 4 tablespoonfuls; Tabasco sauce 1 tablespoonful; salt 2 tablespoonfuls; prepared mustard 2 tablespoonfuls; a dash of red pepper; juice of one lemon; and $\frac{1}{2}$ pound of butter. Melt the butter, add the vinegar, then other ingredients, and bring to a boil. Let the mixture simmer a few minutes and keep hot while cooking the chicken. This amount is enough for six $1\frac{1}{2}$ pound chickens.

As to best kinds of liver, most livers from animals used for meat are eaten and are valuable as food. In a recent list of foods, USDA home economists mention about 15 kinds of liver. All are valuable for iron, phosphorus, copper, and vitamins A, B₁, D, and riboflavin. Beef and pork livers are especially valuable sources of vitamin D, which we get from relatively few foods.

To the question how to cook lamb kidneys and liver, the answer is: Lamb liver has a better flavor if scalded before cooking, then pan-broil at moderate temperature just long enough for all redness to disappear. Overcooking makes liver tough. Before pan-broiling lamb kidneys, take off the outer membrane, split the kidneys, and cut out the fat blood vessels and connective tissue. Dip in melted fat, season with salt and pepper, and pan-broil 10 to 20 minutes, turning for cooking. Another good way to cook lamb kidneys is to broil on skewers, alternating them with chunks about the same size of tender lamb.

The right time to cut okra so it won't be "woody" is when the pods are from $2\frac{1}{2}$ to 3 inches long, or about 6 days old. The perfect age for tenderness depends on the climate or temperature where it grows. Okra will grow very fast between the sixth and eighth day, and is not too old to cut on the eighth day as a rule. But after that it will be "woody."

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United States Department of Agriculture
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DIGEST OF HOMEMAKERS' CHATS
Week of July 27, 1942

Monday - Now Is the Time To Do Summer Canning. The markets are full of fresh fruits, and now is the time to do canning for next winter. The shelves of stores are lined with canned fruits and vegetables but that does not mean they will be full during the coming winter of wartime. There is a shortage of canning supplies, labor, and transportation, and sugar quotas are limited. The Government is now urging homemakers to aid the war effort by canning fruits. The recent order on sugar regulations says: "There is no specific limitation on amounts of sugar which a family may obtain for purposes of home canning." Your local War Price and Rationing Board is authorized to give you the amount of sugar required for your canning. The local board is instructed to consider each application individually. The Government expects 4 quarts of fruit to be canned for every pound of sugar. Housewives are urged to make use of the fruits as they come in season. Peaches are being featured as a nation-wide Victory Food Special now -- from July 16 to August 5. On the West Coast, apricots, pears, and plums are plentiful; in other States, summer apples. Write to the Department of Agriculture, Washington, D. C., for the free leaflet, Sugar for Wartime Canning.

Tuesday - Question Box. Is sun-drying a successful way to preserve food? Home economists say that sun drying is successful for preserving some foods in some climates. Fruits and vegetables which are rich in sugar or starch are best for this method of preservation. Dry air and bright sun, day after day, are required for the drying. You can dry food on an outdoor shelf, a roof that slopes south, or on racks in sunny windows. Trays that allow the air to circulate under as well as over the food are the best. Stir the food two or three times a day, and take it in at night before it becomes damp from dew. Cover with cheesecloth, mosquito netting, or window screening to keep out insects. Another question about drying by sun - "Is it all right to sulfur fruit before drying?" Scientists say, yes. If properly used, it protects certain vitamins during drying, and preserves natural fruit color and flavor. It prevents souring of fruit and helps keep insects away. Question No. 3 is "Which is better, steam or boiling water for precooking vegetables to be dried?" Tests show that dried vegetables precooked in steam are higher in food value, keep better, require less soaking before cooking, and look and taste better. The last question - "Is it possible to freeze fruit in a freezer locker without using sugar?" The answer is, yes. Most berries except strawberries freeze successfully with no sugar or sweetening added. Other fruits can be frozen with corn sirup or mild-flavored honey instead of sugar sirup.

Wednesday - Saving your Clothes. Home economists of the USDA give some tips about making clothing last. Of course, your winter coat is safely protected from moths now, but what about the light-weight coat you kept out for summer use? Wearing a thin scarf will protect the collar from dirt. If the coat gets wet, let it dry slowly, away from heat. When dry, brush and press. Use a wet cloth and a dry one. Hang the coat on a padded hanger and fasten the top button. Use small

shields of lining cloth to protect against underarm wear. Now about sweaters. Put them on carefully to avoid strain or stretch. Do not overload the pockets. Put sweaters away folded in a drawer, never on hangers. Wash them gently in lukewarm water with mild soapsuds. Rinse well. Lay them between bath towels, and pat out excess water. Spread them on paper or cloth on a flat surface to dry. Pull gently into shape. If you snag a sweater, pull the broken yarn to the inside and tie or stitch the ends. Mend larger holes by reknitting them with matching yarn. The next item is underwear. Before wearing a ready-made slip, nightgown, or other piece of underwear, check the seams and finished edges. A little reinforcement at a weak spot will make the garment live longer. Never use pins on broken straps or to shorten a slip. Wash underwear often. Perspiration weakens fabrics and so does the hard rubbing necessary when garments are very soiled. Hang silk and rayon gowns and slips on hangers indoors to dry. If you have two girdles or foundation garments, wear them alternately. Both will last longer. Mend breaks immediately. Wash often, and dry away from heat and sunlight. Treat stockings gently. Wash them as soon as possible after taking them off, rinse in water the same temperature as the wash water, and dry in the shade. Lay rayon hose on a towel to dry and never put them on unless they are thoroughly dry. To put on stockings, roll them from top to toe, and slip on over the toes. Smooth the heel in place, see that the same is at center back, pull up carefully over the leg, and fasten the supporters in the reinforced section of the top. Shoes will wear longer if worn only for occasions for which they are suited. When not in use, put shoe trees in them and keep in shoe bags, or on a shoe rack. Get new heel lifts, toe protectors, and half soles when needed. Wear rubbers or galoshes in wet weather.

Thursday - Question Box. "Is it safe to handle fuses if one blows out?" Yes, say the home economists who specialize in household equipment, it is safe if you go about it the right way. Fuses are circuit breakers. They are the safety valves in the electrical system. Keep extra ones on hand. When a fuse blows out, it is usually an indication that there is a short circuit or an overload. Take out the fuses one at a time, and notice which lights and outlets are "dead." If overload is the trouble, disconnect the appliance that makes the total current too high for the fuse in that line, and connect the appliance on another suitable outlet in a line fused high enough to carry the total load. A broken wire may cause a short circuit and result in a blown fuse. Locating and repairing such a break may require an expert. The next question is "How to make fruit fritters and when to serve them?" Slightly tart fruit makes the best fritters. Pieces of fruit are dipped in a batter and fried - saute or fry in deep fat. Some leftover fats are all right to use in pan frying, but watch out for the flavor. Ordinarily, leftover fats are not suitable for deep fat frying. Fritters fit in as a luncheon or dinner dish. Serve them along with meat or for dessert with a lemon or fruit sauce. They are best with a light meal. The last question is "Are green peaches good used in pies?" Green peaches make very good pie, and they are wholesome used in that way, but they require much more sugar than ripe peaches.